

Info on Pre-diabetes

By Deb Dumoulin, RN, RD, Diabetes Nurse Educator

Q: What is pre-diabetes?

A: Pre-diabetes is an easy way to explain what it means to have higher than normal blood glucose (sugar) levels, but not high enough for a diagnosis of diabetes. It means you are likely to develop type 2 diabetes within 1- 10 years.

Q: How do I know if I have pre-diabetes?

A: Your doctors can check with a blood test.
- **Fasting Plasma Glucose (FPG)** Blood is tested first thing in the morning before eating.

Normal = below 100 mg/dl

Pre-diabetes = 100 - 125 mg/dl

Diabetes = Two readings over 125 mg/dl

- **Oral Glucose Tolerance Test (OGTT)** In the OGTT, a person's blood glucose is checked after fasting overnight and again 2 hours after drinking a glucose-rich drink.

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Q: What is the treatment for pre-diabetes?

A: Treatment is easy! It consists of losing a modest amount of weight (5-10 percent of total body weight) through diet and moderate exercise, such as walking, 30 minutes a day, 5 days a week. Don't worry if you can't get to your ideal body weight. A loss of just 10 to 15 pounds can make a huge difference.

Q: Could I have pre-diabetes and not know it?

A: Absolutely. People with pre-diabetes don't often have symptoms. In fact, millions of people have diabetes and don't know it

because symptoms develop so gradually, people often don't recognize them. Some people have no symptoms at all.

SMMCVN offers pre-diabetes classes to help you get started. Call 985-1000 x8617 to register or for more information.

Are you at risk for Diabetes?

Are you experiencing any of these symptoms?

- Unusual thirst
- A frequent desire to urinate
- Blurred vision
- Feeling tired

Are you under 45 and:

- get little exercise
- have a family history of diabetes
- are wide at the waist
- have high blood pressure
- have problems with cholesterol
- are of African American, Native American, Asian American or Hispanic American descent
- had diabetes signs when pregnant

Are you over 45 and:

- over weight
- exercise very little